

SOME WAYS YOU CAN BREAK THE CYCLE OF OPPRESSION AND MENTAL HEALTH STIGMA

1. Refrain from using stigmatizing terms such as "crazy," "psychopath," or "attention seeker" when referring to individuals with mental health disorders. For a comprehensive list of such terms, refer to <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1925070/>
2. Advocate for change by educating your friends about the harmful effects of using stigmatizing language and encourage them to stop using such terms.
3. Reflect on your own biases, both conscious and unconscious, and avoid making assumptions about individuals with mental health disorders. Recognize that each person's experience is unique.
4. Take proactive steps to educate yourself about the historical and contemporary issues faced by marginalized communities, and strive to become an ally in the fight against stigma and discrimination.
5. Embrace the idea that it's okay not to be okay. Acknowledge that experiencing mental health challenges is a natural part of the human experience, and seek out resources and support when needed.
6. Practice active listening when friends or family members share their experiences with mental health or marginalization. Avoid rushing to offer solutions and instead provide a supportive space for them to express themselves.

FOR ADDITIONAL STRATEGIES ON COMBATING MENTAL HEALTH STIGMA VISIT
[HTTPS://WWW.NAMI.ORG/EDUCATION/9-WAYS-TO-FIGHT-MENTAL-HEALTH-STIGMA/](https://www.nami.org/education/9-ways-to-fight-mental-health-stigma/)

